SUGGESTED READING FOR ADDICTION RECOVERY

12 STEPS
• The Big Book – Alcoholics Anonymous
• Narcotics Anonymous – Basic text
• Staying Sober – Terence Gorski
• A Man’s Way Through the Twelve Steps – Dan Griffin
• Recovery Dharma – How to Use Buddhist Practices/Principles to Heal the Suffering of Addiction
• A Woman’s Way through the Twelve Steps – Stephanie Covington

CODEPENDENCY/ATTACHMENT/SELF-CARE
• Codependent No More – Melody Beattie
• A Codependent’s Guide through the Twelve Steps – Melody Beattie
• The Gifts of Imperfection – Brene Brown
• Braving the Wilderness – Brene Brown
• True Refuge – Tara Brach

FAMILY/RELATIONSHIPS
• The Seven Principles for Making Marriage Work – John Gottman & Nan Silver
• Stage II Relationships – Earnie Larsen
• Boundaries: Where You End and I Begin – Anne Katherine
• Facing Shame: Families in Recovery – Merle Fossum & Marilyn Mason
• Letting Go of Shame: Understanding How Shame Affects your Life – Ronald Potter-Effron

SPIRITUALITY/MEDITATION
• Courage to Change – Al-Anon family groups
• Breathing Underwater – Richard Rohr
• Stepping Stones: Daily Meditations for Men
• A Woman’s Spirit: Daily Meditations for Women in Recovery
• One Day at a Time in Al-Anon – Al-Anon family group